

## **ELDER CARE**

### **Background**

As is true nationally and state-wide, the City of Poughkeepsie and Dutchess County have aging populations, with the very oldest of the elderly segment growing at the fastest rate. The New York State Office of the Aging predicts that this phenomenon will continue, as the "Baby Boom" generation will dramatically accelerate the growth of the entire older population. The United Way of Dutchess County reports 13.1% of the population in Dutchess is 65 years old. The percentage is expected to increase to 20%, in concert with national statistics, by 2030. The number of individuals aged 60 plus grew more than 11% in the last decade, compared to a 7% increase in the rest of the County's population. Statistics compiled by Dutchess County Planning Department report that by 2020, Dutchess County residents 85 and older could number 10,000, accounting for 3.2% of the population (up from 1.6 in 1995). At a recent "Celebration On Aging" sponsored by Dutchess County Office for the Aging, 12 County residents over 100 years old were in attendance. This trend will create an increased need for a variety of support services for the aging and the secondary population responsible for their care. Many senior citizen programs help to address the needs of the more able of this population. There are also senior programs that address the needs of the less able which include: more intensive supports such as food and nutrition programs, adult day care, and nursing home care.

Over one quarter (26%) of the elderly population in the County rely on Social Security Income, which is less than \$15,000 annually. Thirty-four (34%) percent of the County's senior population live in the City and Town of Poughkeepsie. The towns with the highest percentage of seniors are: Rhinebeck (27%), Amenia (22%) and Northeast, Pawling and Pine Plains at about 19%.

### **Issues/Services**

Dutchess County Office for the Aging's most recent Needs Assessment reports that the number one issue facing seniors is loneliness. Transportation is the second most important issue identified. United Way has identified the need for support systems for the aging as one of the most serious human service problems in Dutchess County. Most affected are those 75 years or older, since many have lower incomes, experience greater mental and physical frailty, spend more on health care, and often live alone. Seniors tend to be embarrassed to admit their problems and consequently avoid programs targeted toward meeting their needs.

Inadequate income and financial resources create a host of consequent problems for seniors. Employment opportunities are frequently inaccessible. The top five problems cited among seniors surveyed by the Office of the Aging were loneliness, transportation, not enough money, high medical bills, and needed home repairs.

Sub-standard housing conditions among the elderly are a problem. Repair and maintenance deficiencies often pose a threat to health and safety for senior homeowners. According to the Christmas in April Report, at least 3300 elderly need assistance with home repairs and modifications.

Although not officially included in the category of "seniors," older residents with disabilities who are not yet 60 years old have limited access to services and are a particularly vulnerable group, according to professionals in the field. Services for older residents are provided primarily through the Dutchess County Office For the Aging and the Association for Senior Citizens.

#### ***Food and Nutrition***

In addition to its ten Home Delivered Meals programs throughout the county, the Office For the Aging operates ten congregate nutrition sites as well as weekly summer picnics. Box or frozen meals are supplied when needed. The agency provides nutrition education and counseling services.

### ***Senior Citizen Programs***

The Dutchess County Association for Senior Citizens maintains Drop-in Centers in Beacon, Beekman, East Fishkill, LaGrangeville, Pleasant Valley, Rhinebeck, and the City of Poughkeepsie. The office offers RSVP, VIT (Volunteers in Transition), a Travel Program, and a wide variety of programs from legal and tax assistance, medical transportation and the Home Energy Assistance Program (HEAP). An Elder Care information and referral service operates through Vassar Brothers Hospital.

The Dutchess County Office for the Ageing operates a Senior Exercise Program. Over 1000 seniors participate at 50 locations. Additionally, there are over 40 senior clubs located throughout the County which offer social activities as well as serving as an information resource.

### ***Adult Day Care***

Day Care is provided according to two models: social and medical. Social model day care provides daytime supervision for frail, dependent elders. Programs include hot lunches, recreation, social stimulation, and minimal personal care for older persons with dementia, stroke victims, and the developmentally disabled. Transportation is available for a fee. Payment sources include private, expanded In Home Services for the Elderly (EISEP) and the Long Term Home Health Care Program. Dutchess County Association for Senior Citizens and Multi-County Adult Day Care run such programs.

Medical model adult day care provides medical monitoring, counseling, therapies, activities and a hot lunch. Limited transportation is available. Payment sources include private, insurance and Medicaid. One such program is Ferncliff Adult Day Care in Rhinebeck.

### ***Health Care***

There are 19 nursing homes in Dutchess County that provide residential health care on a 24 hour basis. The United Way Needs Assessment found that of the nineteen homes, fourteen had problems with quality of care, eight had problems in administration, five homes had deficiencies in resident's rights, nine had problems with their physical environment, and six had problems in areas not specified.

### ***Home Care***

The need for home care is increasing while a shortage of home care workers is occurring. These workers include personal care workers, home making services, home health aides and licensed and registered nursing staff. The elderly population is increasing in size as residents wish to remain at home longer, rehabilitation patients are sent home earlier, and medical technology has extended the life expectancy. This expanding Elderly population is served by Hospitals, Nursing Homes, Assisted Living and Assistive Living facilities, all of which are drawing on the same scarce resources for staff. BOCES, Dutchess Community College, Ulster Community College and SUNY New Paltz provide professional training and career development. However, graduates have many offers throughout the region. Those who would traditionally work in the Home Care field are being drawn to other economic opportunities in the region.

The Dutchess County Office for the Aging's CASA Program has a homecare caseload of 1,150 clients. Clients received homecare and case management. Three additional agencies support caseloads as well.

<b>Facility</b>	<b>Type</b>	<b>Location</b>	<b>Capacity</b>
Private	Family Type Homes	Throughout Dutchess County	26 beds, average is 4 per facility
Dutchess Manor	Adult Care & Assisted Living	Poughkeepsie	92 beds
Green Briar	Adult Care	Millbrook	48 beds
Hedgewood	Adult Care	Beacon	175 beds
Kings Heights Rest Home	Adult Care	Rhinecliff	20 beds
McClelland's Home for Adults	Adult Care	Beacon	20 beds
Morningside Manor	Adult Care	Fishkill	18 beds
Vassar – Warner Home	Adult Care	Poughkeepsie	58 beds
The Baptist Home	Nursing Home	Rhinebeck	120 beds
Eden Park Health Care	Nursing Home	Poughkeepsie	200 beds
Ferncliff Nursing Home	Nursing Home	Rhinebeck	N/A
Fishkill Health Center	Nursing Home	Beacon	N/A
Hudson Haven Care Center	Nursing Home	Wappingers Falls	N/A
Hyde Park Nursing Home	Nursing Home	Staatsburg	120
Lovely Hill Nursing Home	Nursing Home	Pawling	122
Lutheran Care Center at Concord Village	Nursing Home	Poughkeepsie	N/A
Northern Dutchess Expanded Care	Nursing Home	Rhinebeck	N/A
River Valley Care Center	Nursing Home	Poughkeepsie	160
Victory Lake Nursing Home	Nursing Home	Hyde Park	120
Wingate at Dutchess	Nursing Home	Fishkill	160
Wingate at St. Francis	Nursing Home	Beacon	160
Manor at Woodside	Assistive Living	Poughkeepsie	N/A
The Fountains at Millbrook	Continuing Care Retirement Community & Assistive Living	Millbrook	N/A

### ***Transportation***

The public transportation services available to senior citizens are noted in the Transportation section of this Plan.

In addition, the Dutchess County Office for the Aging provides transportation to seniors over 60 to congregate meal sites throughout Dutchess County, as well as transportation to seniors for various other types of trips. It uses its own fleet exclusively for trips to congregate meal sites. The Martin Luther King Cultural Center provides transportation to the Beacon congregate meal site. The Martin Luther King Cultural Center is also under contract with the Office for the Aging to provide demand responsive service for seniors in the Beacon area during weekday business hours. Additional senior demand responsive services funded by the Office for the Aging are operated by American Red Cross during weekdays, and Volunteer Caregivers Program, with hours of operation determined by volunteers. Demand responsive trips provided by the American Red Cross and the Volunteer Caregivers Program are for non-emergency medical trips.

## **Needs**

- Inadequate income and financial resources creates a host of nutritional, housing and social problems for seniors.
- Inadequate or inconvenient and unaffordable transportation isolates seniors from social, human, and health services.
- Substandard housing and lack of affordable housing among the elderly often creates threats to health and safety.
- Caregivers of the elderly require support for and respite from their obligations.
- Training geared towards recruitment, development, and retention of home health providers to meet the growing demand.
- A survey of senior residents by the Dutchess County Office of the Aging in its 2000 needs assessment, identified the following issues as "most important"

### **PRIORITY NEEDS 2000 DC Office of Aging Needs Assessment**

<b>Ranking</b>	<b>All Seniors</b>	<b>Low-Income/Minority Seniors</b>
1	Loneliness	Not enough money
2	Transportation	Health Care
3	Negotiating Health Care	Transportation